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Commonwealth of Pennsylvania
DEPARTMENT OF HEALTH
PRESCHOOL DIVISION

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Food for the Expectant Mother

Proper foods, with regular meal times, are most important for the health of both mother and baby.

Mother's food furnishes the materials out of which the baby's body is made strong and healthy.

Good bones and beginning of both sets of teeth can only be built from the right foods which the mother eats.

THERE ARE FIVE IMPORTANT GROUPS OF FOOD. Eat one article from each group each day.

MILK—Milk is a most important single food. A quart a day is desirable, partly in cooking, partly to drink.

CEREALS AND BREADS—Whole grain cooked cereals and coarse dark breads are best.

VEGETABLES—Raw green leafy vegetables such as lettuce, cabbage, celery—eat one each day. Cooked greens such as spinach, chard, beet and turnip tops—eat one each day.

Use other kinds of easily digested vegetables such as potatoes, carrots, onions, tomatoes.

FRUITS—Fresh raw fruits are best but canned and dried fruits may be used when fresh fruit is not to be had.

MEAT, FISH AND EGGS—Follow your doctor's orders. Meat once a day, a small serving, can usually be taken in the first months. Later three times a week may be best. Know what your doctor advises.

Do not take any food or drink which causes distress. Some root vegetables seem to cause flatulence.

Beer or alcoholic stimulants act as a poison for the baby.

In the first four months ordinary amounts may be eaten at the regular three meals each day. In the fifth, sixth and seventh months more food may be needed to meet the demands of the growing baby, but to avoid the discomfort of large meals, it may be best to have a mid-morning and mid-afternoon lunch.

During the last weeks eat less fattening foods, sugar, potatoes, bread.

FROM BEGINNING TO END KEEP UP THE AMOUNT OF WATER DRINKING.

Laxative foods are better than pills for constipation.

FOOD FOR THE NURSING MOTHER

Fresh fruits and vegetables, coarse breads, whole grain cereals and plenty of water to drink.

The first day—Light diet, chiefly liquids, such as **milk**, weak tea with cream and sugar; toast or bread and butter.

Second day— Still light diet, with such simple additions as milk soup, a milk dessert or cooked fruit.

Third day— Add easily digested solid foods in small quantities, such as chicken, lamb chop, tender beef and a cooked vegetable.

If too much milk comes the third day, the amount of liquids may have to be lessened for a short time and then increased again.

After this larger servings of vegetables, meat, eggs, bread, cereals, fruits.

Corn meal mush is especially good to help the supply of breast milk.

Remember that every day the mother needs **milk, fruit** and **vegetables.**

Liquids are very important. A quart of milk each day is desirable, partly in cooking and partly to drink. Water, 5 to 8 glasses each day is best taken chiefly between meals. Use tea and coffee sparingly.

Right eating will help to make good breast milk, will keep up the mother's strength, and help to build a healthy baby.

RIGHT EATING MEANS—

Regular meal times. The heartiest meal in the **middle** of the day if possible.

Suitable food in suitable amounts.

Slow eating with thorough chewing.

AVOID—

Foods that disagree.

Fried foods of all kinds.

Very rich foods.

Over-eating is never good for mother or baby. It does not increase the breast milk. It tends to overweight which is bad every way.